

BeYOUtiful Girls



With Jennifer Benoit

June 19-Aug 7, 2012

8 Week Session + FREE Introductory Session on June 12

Tuesdays @ 3 p.m.–4:30 p.m.

Ages: 14-17

We live in a society in which young women are highly impressionable to unrealistic expectations of beauty and poor concepts of self worth. BeYOUtiful Girls aims to foster more confident, happy, and successful young women through open dialogue, mentorship, and interactive exercises.

To register, call or visit:

Betty T. Ferguson Recreational Complex

3000 NORTHWEST 199TH STREET, MIAMI GARDENS , FL 33056

786-279-1222

Program fee: \$35/participant



For more information, contact Jennifer Benoit
786-223-4152 or jennifer@jenniferbenoit.com

BEAUTY • SEX • SELF-WORTH • FORGIVENESS • THOUGHT PATTERNS • RELATIONSHIPS • GOALS • GOSSIP

BeYO Utiful Girls

With Jennifer Benoit



Jennifer's mission is to provide support to individuals in the process of personal growth, fulfillment, and self realization. She received a Bachelor's Degree in Psychology and a Master's Degree in Social Service Administration. Jennifer provides services as a Mental Health Therapist where she develops and facilitates educational and wellness workshops including the Women's Empowerment Group, Ambassadors for Change, Core Bodeez, and S.H.A.R.P. In addition to maintaining a successful practice, Jennifer provides life coaching services for individuals seeking career transitioning, self-esteem development, and relationship guidance.

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